



# Nutritional Fact Sheet

## FD Soy Beans

**Ingredients:** Freeze Dried Soybeans (Edamame)

**Description & Directions:** Freeze Dried Soybeans (Edamame) are ready to eat or use in quick cooking dishes. 1 pound of freeze dried soybeans replaces 10 pounds of fresh.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

<b>Nutrient</b>	<b>Per 100 grams dry</b>	<b>14g (app. 1/4 cup)</b>
Energy (Calories)	436.65	61.131
Total Fat	20.93g	2.9302g
Saturated Fat	3.03g	0.4242g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	2.1mg	0.294mg
Total Carbohydrates	31.66g	4.4324g
Dietary Fiber	9.76g	1.3664g
Sugars	7.56g	1.0584g
Protein	38.3g	5.362g
Vitamin A (IU)	25.19	3.5266
Thaimin-B1	0.92mg	0.1288mg
Riboflavin	0.91mg	0.1274mg
Niacin	1.7mg	0.238mg
Vitamin B-6	0.4mg	0.056mg
Vitamin C	6.3mg	0.882mg
Calcium	290.75mg	40.705mg
Iron	16.48mg	2.3072mg
Phosphorus	738.95mg	103.453mg
Potassium	1886.2mg	264.068mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

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